



Idaho Diabetes Prevention and Control Program Diabetes Alliance of Idaho



Idaho Diabetes Update

April 2006

VOLUME 1, NUMBER 2

"This newsletter is yours. Please send us information to share with others."

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We welcome Jaime Hineman, Health Education Specialist, to the DPCP staff. Jaime has undergraduate degrees from Boise State University (BSU) in Health Promotion and Athletic Training. In May, she receives her Masters in Health Science with an emphasis in Health Policy from BSU. Jaime steps in for Stacy Knipple, who joined the Asthma Prevention and Control Program.

Welcome – Diabetes Prevention and Control Program (DPCP) Highlights

National and Idaho Data:

It is no surprise that the 2005 national figures show an increasing number of people with diabetes.

- Age 20 years or older: 20.6 million or 9.6% of all people in this age group have diabetes.
- Age 60 years or older: 10.3 million or 20.9% of people in this age group have diabetes.

(Source: National Health and Nutrition Examination Survey)

The 2004 Idaho Behavioral Risk Factor Surveillance Survey (BRFSS) data shows that 6.2% or 63,000 people in Idaho over age 18 have diabetes. Another 27,000 remain undiagnosed. As people age, diabetes prevalence increases. Because 16% (24,000) of people in Idaho over 65 have diabetes, the DPCP is stepping up its efforts to let people and their health care providers know Medicare covers diabetes self-management training and medical nutrition therapy. (See page 2.)

Preventing Blindness:

In Idaho, only 60% of people with diabetes get an annual dilated eye exam, an important prevention strategy to prevent blindness due to retinopathy. This year, we will focus on strategies to increase the rate of eye exams. The **Diabetes Alliance of Idaho (DAI)** meeting on **May 5** will be devoted to planning a state approach to helping people get better eye care. Mark your calendar and plan on attending the meeting. (See page 4.)

Partnering:

Thank you for partnering with the DPCP on many important projects. Sharing resources and ideas strengthens the capacity of the public health system to address the growing burden of diabetes.

Mimi Hartman, MA, RD, CDE
Program Manager, Idaho Diabetes Prevention and Control Program

Centers for Disease Control and Prevention

SEARCH for Diabetes in Youth

In response to this growing public health concern, the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH) are funding a five-year, multicenter study, SEARCH for Diabetes in Youth, to examine the current status of diabetes among children and adolescents in the United States (www.cdc.gov/diabetes). The primary goals of SEARCH are to classify types of childhood diabetes, estimate the number of cases, describe clinical characteristics, describe complications, and define the quality of life for children with diabetes. No data exist to determine the extent to which type 2 diabetes has emerged among U.S. children and adolescents, but researchers at CDC estimate that among new cases of childhood diabetes, the proportion of those with type 2 diabetes ranges between 8% and 43%.

Medicare and Medicaid Coverage for Diabetes Services

Expanded Medicare Coverage for Individuals with Diabetes

Expanded Medicare coverage includes:

- Ten hours of initial self-management training in 12 months (must be completed in a 12 month period);
- An additional two hours of follow-up self-management training each year after the year of initial training is received (requires yearly prescriptions from physician);
- Three hours of one-on-one or group medical nutrition therapy services during the first year (requires a doctor's prescription);
- Additional two hours of follow-up services each year after the first year of services (requires a yearly prescription from physician); and
- Additional hours of services prescribed by doctor if the individual's condition, treatment, or diagnosis changes.

A full report of diabetes-related Idaho data is available on at <http://www.healthandwelfare.gov/>. For questions or comments, contact Mimi Hartman at (208)334-4928, or hartmanm@idhw.state.id.us

The Idaho Bureau of Health Policy and Vital Statistics can be contact at (208)334-5977.

Sixteen percent (16%) of Idaho adults age 65 years and older have diabetes, and individuals who are Hispanic, Black, or American Indian are more likely to have diabetes than individuals who are Caucasian. Medicare now covers two new services for people with diabetes: diabetes self-management training and medical nutrition therapy (see sidebar for reference to specific Medicare coverage). For Medicare to cover these services, a doctor referral is required to an American Diabetes Association (ADA)-recognized diabetes education center.

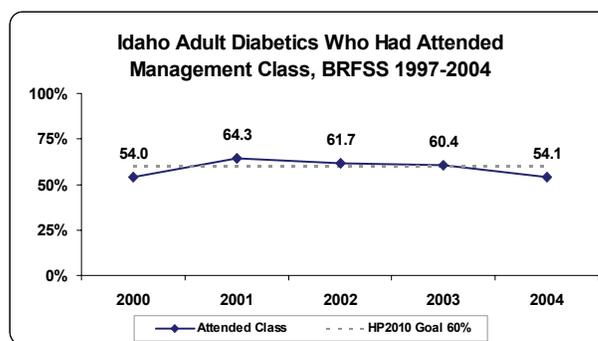
The "Expanded Medicare Coverage of Diabetes Services" flyer is available online at the National Institutes of Health web site: www.ndep.nih.gov. For copies of "Medicare Coverage of Diabetes Self-Management Training and Medical Nutrition Therapy," contact Jaime Hineman at (208)334-5788 or hinemanj@idhw.state.id.us.

Medicaid Coverage for Individuals with Diabetes

Idaho Medicaid covers the following for individuals with diabetes:

- Diabetes education and training services when provided in a hospital outpatient setting or a physician's office. Only an ADA-recognized program may provide the services. The patient must meet medical necessity criteria.
- Anti-diabetic medications are a Medicaid benefit and do not require prior authorization.
- Durable Medical Equipment (DME) for diabetes care. These supplies require a physician's prescription but do not require a prior authorization: syringes, lancets, spring powered lancet device, alcohol swabs, blood glucose monitor, batteries for blood glucose monitor, blood glucose test strips, urine glucose/ketone test strips, and shoe inserts.
- Insulin pump and supplies require a prior authorization.

Diabetes Education in Idaho



Data from the 2004 Idaho Behavioral Risk Factor Surveillance System (BRFSS) shows people with diabetes who receive diabetes self-management training improve their management of diabetes. Diabetes education promotes preventive self-care management. People are more likely to check blood sugar at least once daily, have an annual foot exam, have hemoglobin A1c checked in the past year, and have an influenza vaccination in the last year. In general, Idaho adults with diabetes who have taken a diabetes education class enjoy better overall health and exhibit better control of their diabetes compared to those who have not taken a class. A Healthy People 2010 goal is to increase the proportion of people with diabetes who receive formal education to 60% (www.healthypeople.gov).

Hispanic Health Projects – Idaho State University



Diabetes Education and Healthy Lifestyles

The Hispanic Health Projects (HHP), sponsored by the Department of Anthropology at Idaho State University, is working to improve the health status of Hispanic farm workers and their families in southeast Idaho. They have implemented a Community Health Worker research and intervention program that addresses type 2 diabetes and the importance of exercise and nutrition.

HHP community health workers (Promotores de Salud) conduct home visits and provide basic education on the risks and effects of type 2 diabetes. Additionally, individuals are given free fasting, blood glucose, and blood pressure tests. Follow-up education is provided once individuals receive their results. Results from this research are being used to develop culturally-sensitive and literacy level appropriate educational tools that can be used in continuing education sessions.

During the past two years, the Hispanic Health Project (HHP) has visited 200 Spanish-speaking individuals in Aberdeen and American Falls to provide family-friendly education about the risks and effects of type 2 diabetes.

Deborah Mitchell, BS, BA, fitness coordinator at HHP, operates free aerobics classes for community members in two school locations on varying days of the week. Additionally, Silvia Herrera offers free healthy cooking classes one Friday each month. Silvia takes traditional recipes from Mexico and substitutes healthier ingredients. The results are scrumptious and more conducive to healthy eating!

HHP efforts are producing great results, thanks to the Promotores de Salud, community members, and organizations (Southeastern District Health Department and Health West, Inc.) that partner with HHP to help increase access to health knowledge and health care for Hispanic individuals in southeast Idaho. For more information, contact Liz Cartwright, PhD, RN, Director, Associate Professor, Department of Anthropology, Idaho State University, (208)282-4390.



Announcements

The Idaho Dairy Council has free copies of the adult and kids' "My Food Pyramid" handout available for health professionals. Contact Kristin Ritzenthaler of the Idaho Dairy Council (327-7050) to request copies.

Humphreys' Diabetes Education Center has hired three new staff members. Janet Preston, MA, Clinical Research Coordinator, Diane Schafer, RD, CDE, Dietitian and Diabetes Educator, and Jeni McFarlane, RN, Diabetes Nurse Educator.

Resources

Centers for Disease Control and Prevention
www.cdc.gov/diabetes/

Idaho Diabetes Prevention and Control Program
www.healthy.idaho.gov

National Diabetes Education Program (NDEP)
<http://ndep.nih.gov/>

American Diabetes Association
www.diabetes.org/

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
www.niddk.nih.gov/

Diabetes at Work.org
www.diabetesatwork.org/

American Association of Diabetes Educators
www.aadenet.org/

American Heart Association
www.americanheart.org/

American Dietetic Association
www.eatright.org/

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Mark Your Calendar

April

"Healthy Diabetes Plate" classes – McGregor Center, Rupert, April 11, 18 and 25, 6:30-8:30 PM, \$25 per person or \$30 per couple. Individuals will receive a packet of materials, cookbook, pedometer and stretch aids. Classes are taught by Rhea Lanting, MS, Extension Educator. Pre-registration is required. For more information or to register, call Rhea at (208)734-9590 or Donna at (208)436-7184.

"Move and Lose Support Group" – Humphrey's Diabetes Center, Boise, offered the third Monday of each month, 5:30-6:30 PM, free. For more information, contact Lisa Gonser at (208)331-1155 x32.

"Bonners Ferry Diabetic Group" – Every third Monday at 1:00 PM until May. Contact Paulette Ketner at (208)267-5558 for more information.

"Half-Day Workshop for Health Care Professionals" - April Topics: Kidney Health, Care of the Diabetic Patient in the Hospital Environment, and Insulin Use. Humphreys Diabetes Education Center, April 14, 2006, from 7:30-12:00 PM, \$30 per person (includes breakfast). Pre-registration required. Please contact Lisa Gonser at (208)331-1155 ext. 32 or lgonser@hdecenter.org for more information or to register.

May

"Diabetes Alliance of Idaho Semi-Annual Meeting" – Hilton Garden Inn—Boise Spectrum, May 5, 2006, 7:30-3:00 PM. For more information, contact Jaime Hineman at (208)334-5788.

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Diabetes Alliance of Idaho Semi-Annual Meeting on Friday, May 5, 2006, 7:30-3:00 PM, at the Hilton Garden Inn—Boise Spectrum.

This newsletter is a collaborative effort of the **Diabetes Alliance of Idaho** and the **Idaho Diabetes Prevention and Control Program**.

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HEALTH & WELFARE

